

ABSTRACT

Title of work:

A comparison of the load while swimming in different types of clothes security forces of the Czech Republic.

Work objective:

Compare the physical demands of swimming in three individual selected clothes security forces Czech Republic. The level of physical intensity was determined based on the measured heart rate while swimming in different kinds of clothes for 3 minutes.

Used methods:

This is a quantitative research conducted using intraindiviální comparative analysis of the response of the organism to load five swimmers in three different types of clothing. The whole measurements were carried out at a counter with a FLUM the UK FTVS in Prague at the current rate of 0.71 ms⁻¹. The load was determined by measuring and recording heart rate sporttestrem Polar S610i.

Results:

Compare the degree of physical difficulty while swimming in different types of clothes security forces of the Czech Republic in terms of heart rate. Determine differences in the performance of the same activity in different clothing.

From the data, it was found that there was no statistically significant difference in the physical demands of swimming in the garb of the Czech Armed Forces and the Police of the Czech Republic. The results of these two garments were not significantly different. A significant statistical difference was found between the two suits and other clothing tested, and the Fire and Rescue Service of the Czech Republic, which was the highest level of physical demand while swimming the tested garments.

Keywords:

Swimming, swimming in clothes, swimming and security forces of the Czech Republic, heart rate, rate of loading.